

## ABSTRACT OF THE DISCLOSURE

An integrated behavior database generation unit generates an integrated behavior database. The integrated behavior database correspondingly stores biomedical information and behavior relational information of a user. The biomedical information is detected by a sensor associated with the user's body. A behavior rule generation unit generates a behavior rule of the user by referring to the integrated behavior database. A message generation unit generates a message to urge the user to do an exercise by referring to the behavior rule. A message notice unit notifies the user of the message.